

A weekly resource
for *your* well-being

PARTNERS
FOR HEALTH

WORKING
FOR A
HEALTHIER TN

A TIP FOR TENNESSEANS

September 27, 2016

Aging well never gets old.

What does “healthy aging” mean to you? Not being sick? Keeping a sharp memory? Living a long time? What about living freely? Being able to do everyday tasks for yourself can help you enjoy a higher quality of life as you get older. A recent study reports that health can start to decline in our 50s. But it doesn’t have to if we take action sooner than later.

So, what is the secret to staying physically able? **Regular exercise.** Activities that build strength and stamina are especially important through the years. And **staying in motion can be free,** too.

To **live as independently, healthy and fully as you can,** remember to also take care of your:

- Hearing
- Teeth
- Eyes/Vision
- Immune system (through **immunizations and healthy lifestyle**)
- Relationships/social connections
- Finances



WATCH YOUR STEP.

Sign in to **your Well-Being Account** and set up your Exercise or Steps Tracker to record your healthy activities.



QUICK LINKS

[Well-Being Account Sign In](#)
[2016 Partnership Promise](#)
[ParTNers for Health Website](#)



24/7 NURSE ADVICE

LINE:

1.888.741.3390



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HEALTHWAYS

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You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and well-being for a better you.



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